

VOICE OF THE RESIDENTS

VOL. XV, No. 5

BROADMEAD, COCKEYSVILLE, MD

JANUARY 1994

BIRDS AND THEIR FEATHERS

"Hail to thee, blithe spirit," the poet Shelley addresses a skylark. The resident Broadmead experts, first Nancy Rowe and later Eddie Slaughter, have not only sighted birds; they have counted, named, and recorded 70 of them seen on our northern hillside since 1979. Seventy birds! Most of us can't even name that many, let alone identify them. Nevertheless, the list is capable of some analysis.

There are, for example, 16 brown birds in the number. Let's see. Sparrows are brown. Are there 16 varieties of sparrows on the list? No, only four. Birds that Roger Tory Peterson in his Field Guide calls "dark" - are they brown or gray? Do we count "rusty" as brown? How about "dark and rusty"? "Zebra-backed" could be brown and white or maybe black and barred.

What about gray? There are lots of gray birds on the list, perhaps a dozen, not counting the ones that are olive and gray, or slaty-blue gray, or blackish gray, or gray with red or yellow. And black is a big category, too. Sometimes, it's hard to say which shade of gray one means.

At least, we all know our primary colors. We know the cardinal is a red bird. We welcome the yellow goldfinch to our feeders even when his color fades for winter. And we are grateful for every bluebird that survives in our boxes.

More helpfully, Eddie lists which birds we are most likely to see or hear on the hillside or at

our feeders now. There are the two look-alike hawks that arrived in November. She says they perch in trees on the edge of woods and in the Clusters near feeders. They actually feed on birds that come to the feeders.



Juncos and white-throated sparrows are "our regular wintering species," she tells us. About 18 other birds are here year 'round including woodpeckers, chickadees, mourning doves, mockingbirds, housefinches and others. Walking the Perimeter Road, we may see geese flying in their characteristic wedge. Since the Wetlands were seeded with millet, goldfinches and juncos often come there to dine.

The area near Hill House offers the easiest place to see birds on the Dogwood Path, our expert says. Even if we can't recognize all these winter friends, we may hear them in bush or tree, chattering out their "strains of unpremeditated art."

-Sarah L. Cooper

(In a note to the editor, Sarah admits that she is not a "bird person" but hopes her words will interest the layman and "not offend the expert." We think it will interest and not offend. RWB)



GROWING THINGS

1979. Yes, we have a Greenhouse. And in 1980, an item in the VOICE asks for volunteers to plant seedlings for later garden use. Not much was happening "Greenhouse-wise" those days. There were some neglected plants, and tomato plants were grown, but little else. However mention was made that Penny Pentz, formerly in charge of Hallowell Activities, used the Greenhouse for occupational therapy.

In 1983 Leo Bridge and Sam Hoover were appointed as overseers and promptly sought a Chairman. Suggestions were made for possible uses: (1) to grow annuals from seed; (2) to grow seedlings for the Barn Sale; (3) to grow bulbs for the Lounge and (4) any other useful and attractive purposes.

June Kerr became the first Chairman in 1984. She reported that discarded poinsettias did not belong in the Greenhouse. She also noted that some space was available for hanging plants, but added that they might not survive the hot summer sun.

In 1989 Zelma Clark became Co-chairman and then Chairman in 1990. When the Greenhouse was closed during construction of Stony Run Hall, approximately one-third of it was

lost in the new plans. In late 1991, it reopened, and Zelma asked the Administration to build grandstand type display shelves. More hooks for hanging plants were added. Also, automatic air control, automatic heat and air circulation were added - a great improvement.

Zelma is a well know horticulturist who has shared her knowledge with us by giving help and advice on plant care and propagation. When, in the fall of 1993 she retired from activating horticultural pursuits, I took over. I've always had an interest in gardens, propagating, pruning and separating plants, and this new job is a creative challenge. In December we bought and sold poinsettias, making a profit of \$43.

The Greenhouse needs shades of some sort, so that space can be more useful. This year, for the first time, we have a small budget. We have bought bulbs, which are planted and stored and which will be forced. These early reminders of spring can be used in the Lounge and will also be sold at a little over cost. We have seedlings coming along, and cuttings, too. We hope to help Residents transplant crowded and overgrown plants.

By next fall I will post a new set of rules. Now, all old rules are in effect. ("No old and tired poinsettias will be accepted.") Just maybe we can prevent an infestation of white flies. For now we need people interested in working with plants and who have ideas. If you would like to learn with us, please call me.

- Joye Jennings



A THANK YOU

The following note, signed by 82 Staff and Administration personnel, has been received by the VOICE.

"Dear Barn Sale Committee: Your gesture of allowing the first hour of the Barn Sale to be open solely to Residents and Staff was very much appreciated by all of us, the Staff of Broadmead. We enjoyed being able to shop in a less crowded environment, allowing us opportunities to purchase more of your great deals. Thanks."



MORE BARN SALES

Thursday, May 12, 1994

Friday, May 13, 1994

CONSUMER WATCHDOG

The Open Forum of December 2 featured Mildred Braden from the Office of the Maryland Attorney General, who spoke on "Consumer Protection for the Elderly."

Ms. Braden described the Attorney General (AG) as the attorney for everyone in the state, with a special deep concern for consumers. The Consumer Protection Division functions with 50 volunteers and staff handling 100,000 complaints a year. Their hotline is 528-8662. The Health Advocacy Unit handles complaints in the medical field (528-1840). These complaints generally concern billing problems. A Medical Fraud Unit also exists (676-6521): this generally deals with Medicaid cases.

The speaker stressed that dishonesty and fraud exist everywhere and warned everyone to be alert to them. For example, whenever a large number of complaints are received, the AG will instigate court action, as in the case of the Cottman Transmission Co., which was found guilty of excessive overcharging and unnecessary repair work. In the case of automobile repairs, an estimate must be in writing on a service invoice form and should not be signed by the customer unless a definite amount is shown. Also, she advised that the customer should ask for the replaced parts. Auto repairs represent the greatest number of complaints of rip-offs. Caution in buying new or used cars is also advisable.

Mail fraud is prevalent. "You have won" letters are generally dishonest and should be discarded without further consideration. AG files show only the records of Maryland companies, but liaison exists with enforcement officers in most other states. (Continued)

HEALTH LECTURE

Charitable requests should be viewed with suspicion and checked out with the Secretary of State, who maintains a list of legitimate charities.

Telephone scams and tele-marketing schemes are rampant - 900 numbers particularly. She warned never to give any information to strangers on the telephone. She also warned against spa, health clubs and weight loss plans which are now under investigation and should be checked out with the AG Office before any contract is signed.

The AG has excellent brochures and news publications on how to proceed with complaints and to get AG assistance. These can be obtained by calling 576-6300 and asking for Fran Schreiber.

-Edna Sparks



BIRDING TO THE END OF THE EARTH

The speaker at the January 22nd program will be Hank Kaestner. His career with McCormick and Company has enabled him to combine his work with lifelong hobbies of birding and photography. Mr. Kaestner's job of searching out spices for McCormick has taken him on many world trips, and thus his bird list includes the exotic and the rare.

On his latest trip to Patagonia and Tierra del Fuego ("land of fire"), the most southern point in South America, he expanded his bird observations, chronicling his trip with photographs.

Join us for an informative slide presentation on an area known as "the end of the earth."

- The General Program Committee

Oh! Those aching joints! A program to help Broadmead Residents cope with arthritis and ways to retard its progression will be held on Friday, January 21 from 10:30 to 11:45 AM in the Auditorium.

We are most fortunate to have Dr. Howard Hoffman, Director of Rheumatology at GBMC, speak to us with the aid of video. His talk, followed by discussion, should be relevant and helpful.

- The Health Care
Education Committee



29¢

We are reminded by our Reception Desk watchdog, Dave McIntyre, that there is no need to mail our phone bill payments to C&P. So, save those precious stamps and pay the bill at our handy-dandy Signet Bank. Take your payment to one of their smiling tellers or put it in the Bank message box. - RWB

APARTMENT CHANGES:

Mary Dearing	B-5 to T-365
Peggy Brian	J-11 to R-10

TOBLER ON THE CLINTON HEALTH PLAN

Our thanks to Dr. Alice Tobler for her excellent analyses of the President's Health Security Plan. Her humor and ironic personal comments entertained and informed us, sharing her vast experience and knowledge. She stressed the fact that this plan is just a proposal, the beginning of much hard work for Congress, committees and lobbyists. Following is a recap of her two Open Forum presentations in November.

Universal coverage for groups and individuals, excluding illegal aliens, is the Plan's highlight; by 1998, all Americans will be covered. Presently, 37 million in the U.S. have no health insurance; 26% of these are children, 41% are full-time workers, only 17% are unemployed.

Everyone will be assigned an I.D. number. No one will lose his insurance or have it reduced because of job dismissal or voluntary job change. No one can be turned down, dropped or forced to pay higher premiums because of pre-existing or changing health conditions.

Eventual benefits of the Plan include free dental care for children, free prescription drugs, routine eye and ear exams, preventive care (including immunizations), cholesterol screenings, prenatal care and out-patient care (including physical, occupational and speech therapy). Mental health and substance abuse services will be limited, but increasing after the year 2000.

The Plan will be financed by employer contributions, by changes in Medicare and Medicaid, and there will be "sin taxes." It is also hoped that hospitals' bad debts and charity cases will decline under the Plan.

The need for reform is evident. Fourteen percent of the Gross National Product goes for health care -- one dollar in seven. No

other country spends over 10%. Germany spends half as much as the U.S. on drugs, since their insurance pays for generic drugs only. By 2000, the estimated cost in the U.S. will rise to 19%. Hopefully, simplification of government regulations and administrative procedures will help cut costs.

Although supported by many varied groups, the single-payer system is not politically feasible at present; such a system could not get Congressional passage. In Canada, with the single-payer system, long waits for surgery have been a problem, due to the existence of too few hospitals. In the U.S., no such problem exists.

Malpractice suits may come to court only after an alternate "Dispute Resolution" has been created, offering early settlement, mediation or arbitration. If the consumer is not satisfied, he may take his complaint to court with an affidavit signed by an appropriate medical specialist in the relevant field, stating that treatment deviated from the established standards of care. Attorneys' fees would be limited to one-third of the award. States may lower these limits.

Consideration will be given to improving health care in rural areas. One possibility is the connection of doctors to a regional hospital by a system similar to "911," with video transmission included.

The medical work force will change. It is proposed that 50% of doctors will be in family practice, pediatrics or internal medicine -- so-called primary care -- as opposed to specialties. Pay raises and training incentives, as well as government-restrict funding for residents, will make this shift in concentration possible. Johns Hopkins has just opened a new training center for family practitioners, where patient service is now available.

"Many changes which will effect the Plan more than all the talk are already in place," says Dr. Tobler. Hospitals and doctors are combining costs to patients ("bundling"); medical practices are being sold to hospitals; group practices are joining with hospitals; and large corporations are demanding representation on hospital boards. There is already a "shifting ballast" toward family practice. "Policy will follow the dollar."

For example, Sheppard-Pratt Hospital has agreed to provide mental health services to 300,000 residents of the Baltimore area who are members of the Kaiser Permanente HMO. New York [City] Hospital has set up a network of 15 health providers to improve and control services and training.

It has been observed that drug prices are not rising. Some drug companies are giving up their R&D programs, since, generally, only one research in five has brought viable results.

Among the established priorities for new funding of health research will be focus on behavioral aspects of health promotion and prevention of disease. Private and public partnerships will be formed, and a close collaboration between existing public health services, community groups and state alliances will be effectuated. N.I.H. will continue grants and contracts for intramural research.

The Plan calls for a National Health Board of seven members, an advisory council responsible for policy, monitoring the state alliances and enforcing "Global Budget for Regional Medical Spending." Since September, this board has been moved into the health care system, making better use of existing agencies --- all subject to review by Congress. "There will be no Health Czar," Dr. Tobler says.

State health alliances, state appointed, will offer a menu of competitive managed plans for the consumer's choice: HMO, private

"fee for service," or a combination of both. The consumer may buy extra insurance, but the cost may not be tax-deductible. One is insured where he lives, not where he works, and there may be several regions in a state.

These alliances will administer insurance, pooling purchasing power of consumers. Premiums will be controlled by law over five years, to bring health costs in line with overall inflation rates. Businesses will pay 80% of insurance, employees 20%, their cost depending on the plan they choose.

Costs for small businesses will be subsidized by the federal government, with caps on premiums -- costs ranging from 3.5% of the total payroll for small businesses to 7.9% for large firms. With 5,000 employees or more, corporate alliances will be allowed, but they must pay a 10% payroll tax and give up premium caps and low-wage subsidies. The self-employed get a 100% tax deduction for medical expenses.

Broadmead might submit a comprehensive health plan in contractual agreement for in- and out-patient services, including preventive care.

The states now approve of the Health Plan, but want to be sure Congress does not give them more responsibility without adequate funds. Today, states have more programs to fund and fewer tax rights. States have been given much flexibility, and President Clinton has given many states, such as Oregon and Maryland, waivers to set up their own plans. They may choose a single-payer system as has one region of Vermont. Tennessee and Virginia are focusing on changes in Medicaid and new plans for small businesses. In Iowa, there is one physician-organized delivery system with hospitals and the insurance "Blues."

Maryland has passed legislation which regulates insurance premiums

to hospitals and outlaws the denying of insurance because of pre-existing conditions or job changes. It is considering a more available comprehensive health plan for small businesses at reasonable cost. A commission is studying medical providers, procedures and fees. Maryland is well positioned to make necessary changes under the new act.

Hawaii, since 1974, has 98% of the population covered by medical insurance. They keep costs low by implementing frequent preventive out-patient visits and fewer hospitalizations.

Dr. Tobler expressed optimism that a workable plan will be in effect within the next four years, embodying the six principles of the Clinton Plan, as stated in the original goals -- security, simplification, prevention, choice, quality and responsibility.

- Paula Balser



SHE IS SANTA'S HELPER

She took on some of Santa's work before Christmas. She decorated about 70 little Christmas trees, many of which were on the dining room tables for the Christmas season. Maria Knapp, server in the dining room, was asked to be in charge of the table trees and came up with winners. Maria said that Melinda had asked her to be responsible for the tables. She had never done anything like this before, but she learned fast. No two trees are alike, but each stands out as a miniature work of art.

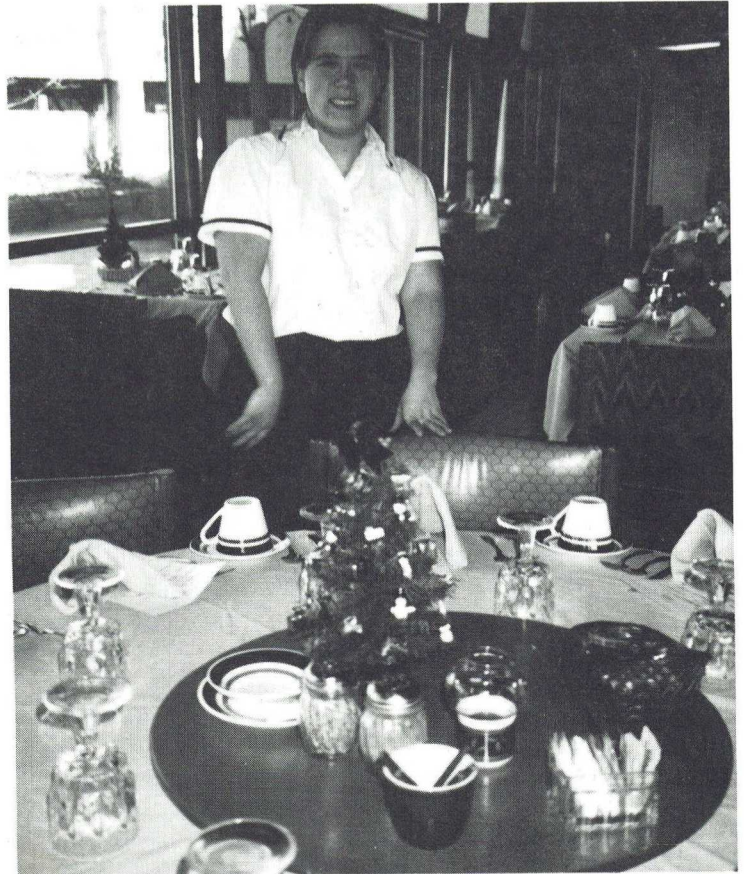
Maria spent many hours hunting for miniature decorations that were not "junky." When she found them, she practically bought out the store. When she had trees and ornaments assembled, she spent about half an hour on each tree. Fortunately, Maria likes to be busy; busy she was with no spare time for anything but decorating Christmas trees.

If you haven't looked at the miniature treasures closely, do so if they are still on the tables. All the ornaments are little gems. Maria would have nothing to do with anything that didn't meet her standard of perfection. Then came the fun part, using a glue gun for a drop of glue to fasten the ornament to the tree. Those ornaments are on the trees to stay.

Maria likes all kinds of activity. She loves gardening, animals, roller skating, shows, shopping. She has a baby nephew and toddler cousins, and loves playing with them. She has a pet cockatiel at home that greets her whenever she comes in.

Maria's aim, eventually, is to go into geriatric nursing. However, she is being married on May 14 to Sam Hall, one of Judy's twin sons. Getting ready for that should keep her busy in case there should be a stretch of time with no other activity scheduled. Judy and Maria ought to make a great craft duo when Maria has had time to settle into her new role.

- Helen Criley



LIBRARY NOTES

A selection of recent additions to the Library, prepared by Sally Jones. Where are we going to put them all?

FICTION

Adams, Alice. Almost perfect. 1993.
Beauman, Sally. Dark angel. 1990.
Bond, Larry. Red phoenix 1989.
Brown, Dale. Sky masters. 1991.
Coetzee, J.M. Age of iron. 1992.
Dexter, Pete. Brotherly love. 1991.
Dunne, Dominick. A season in purgatory. 1993.
Engberg, Susan. Sarah's laughter and other stories. 1991.
Fields, Wayne. The past leads a life of its own. 1992.
Goldstone, Lawrence. Rights. 1992.
Heath, Layne C. CW 2. 1990.
Higgins, Jack. The eagle has flown. 1991.
Highwater, Jamake. Kill hole. 1992.
James, Henry. The ambassadors. 1950. The awkward age. 1948.
Jones, Matthew F. The Cooter farm. 1991.
Kesey, Ken. Sailor song. 1992.
Kristof, Agota. The notebook. 1988.
Le Carré John. The night manager. 1993.
Michelson, G.F. To sleep with ghosts. 1992.
Parini, Jay. Bay of arrows. 1992.
Pownell, David. The white cutter. 1989.
Pym, Barbara. Crampton Hodnet. 1985.
Quinn, Sally. Happy endings. 1991.
Rosenberg, David. The lost book of Paradise. 1993.
Roth, Philip. Operation Shylock. 1993.
Sanders, Dori. Clover. 1990.
Steel, Danielle. Jewels. 1992.
Villasenor, Victor Edmundo. Rain of Gold. 1992.
Von Herzen, Lane. Copper crown. 1991.
Warner, Sylvia T. A spirit rises; stories. 1962.

Woiwode, Larry. Silent passengers; stories. 1993.
Yourcenar, Marguerite. Memoirs of Hadrian. 1955.

FICTION - Mystery

Lathen, Emma. East is east. 1991.
Turow, Scott. Pleading guilty. 1993.

LARGE PRINT

Clark, Mary Higgins. I'll be seeing you. 1993. Weep no more, my lady. 1987.
Grandower, Elissa. Rivergate house. 1980.
Grimes, Martha. The end of the pier. 1992.
Hillerman, Tony. Coyote waits. 1990.
Jakes, John. Heaven and hell. 1987
Mather, Anne. The arrogant duke. 1989.
Pilcher, Rosamunde. The empty house. 1973.
Waugh, Hillary. The Merissa Claire case. 1983.

REFERENCE

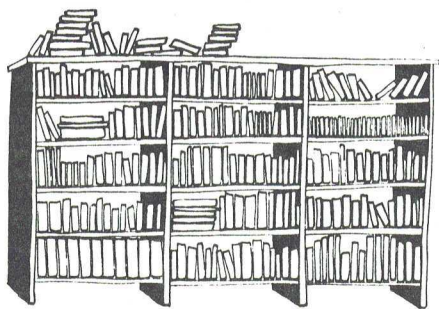
The Harvard brief dictionary of music. 1975.
The Merck manual of diagnosis and therapy. 1992.
The Merck manual of geriatrics. 1990.
Worst pills, best pills; the older adult's guide ... 1988.

BIOGRAPHY

Aubrey, John. Aubrey's brief lives. 1950.
Cook, Blanche W. Eleanor Roosevelt, v.1, 1884-1933. 1993.
Ellis, Joseph John. Passionate sage: the character and legacy of John Adams. 1993.
Fraser, Lady Antonia. The wives of Henry VIII. 1992.
Kurth, Peter. American Cassandra: the life of Dorothy Thompson. 1990.
McCullough, David. Truman. 1992.
Miller, Arthur. Timebends. 1987.
Moltke, Helmuth. Letters to Freya, 1939-1945. 1990.
Mowat, Farley M. Woman in the mists, the story of Dian Fossey. 1987.
Rather, Dan. I remember. 1991.

GENERAL

- Agee, James. Let us now praise famous men: three tenant families. 1980.
- American Cancer Society cancer book. 1986.
- Brander, Michael. The Georgian gentleman. 1973.
- Brugger, Robert J. Maryland, a middle temperament, 1634-1980. 1989.
- Burgess, Hugh F. McDonogh School, An interpretive chronology. 1973.
- Cameron, Robert W. Above London; photography. 1980.
- Hawkes, Jacquetta. A land. 1954.
- History of women in the west. 1992.
- Isaacson, Walter. The wise men ... Acheson, Bohlen, Harriman, Kennan, Lovett, McCloy. 1986.
- Lee, Lawrence. Stained glass. 1976.
- National Gallery of Art, D.C. The treasure houses of Britain. 1985.
- Niering, William A. Wetlands. 1984?
- Rudlin, Walter A. The growth of Fascism in Great Britain. 1933.
- Selman, Lawrence H. All about paperweights. 1992.
- Sutton, Ann. Eastern forests. 1984.
- Woodward, Hiram W. Asian art in the Walters Art Gallery. 1991.



IN MEMORIAM

JUANITA G. HAWKINS

May 30, 1908 - December 13, 1993





MOVIES

Tuesdays-7:15 PM--Auditorium

JAN. 4--THE BANK DICK (1940)

W. C. Fields in a classic of insane humor about a drunkard who becomes a bank guard and a hero. With Una Merkel. 74 minutes.

JAN. 11--DAVE--105 minutes.

An amusing political comedy. A U.S. President, incapacitated by a stroke, is replaced by a guy from Baltimore (Kevin Kline) who looks enough like the President to pass for him. Kline gives a chillingly funny portrait of the Chief Executive, but, in the end restores honesty and decency to government.

JAN. 18--CHAPLIN--135 minutes.

A biography of Charlie Chaplin -- from his childhood in London to early movie making days with Max Sennett, and on to international stardom, celebrity and scandal. Robert Downey plays Chaplin from ages 19 to 83. Geraldine Chaplin plays her own grandmother.

JAN. 25--THE FIRM--154 minutes.

Tom Cruise, as a brilliant young lawyer, unwittingly gets caught up in a web of greed, murder, and deception. He is plunged into the world of life-threatening intrigue with the Mafia and the FBI.



**DEADLINE FOR FEBRUARY ISSUE
JANUARY 15**

BULLETIN BOARD

ADVENTURES IN LEARNING

KAY CAVANAUGH: "Learning to Look."
Four Thursdays beginning January 13
at 10:30 AM -- Auditorium

MUSIC IN THE LOUNGE

Wednesday, Jan. 12, 7:15 PM.
THE FOXHEADS- Men's Chorus
Thursday, Jan. 13, 7:00 PM.
LET'S SING
Sunday, Jan. 23, 1:45 PM.
MARY ANN FASOLD, Oboe with Piano
Accompanist.

LET'S DANCE

NEW SCHEDULE: Dances will be held on
the second Monday of each month begin-
ning January 10, 7:00 PM -- Lounge.
Big Bands of Yesterday. Mark your
Calendars.

MEN'S SOCIAL HOUR

Saturdays, 10:00 AM - Lower Level Lounge.

Jan. 8: Abe Makofsky, "The Cherokee
Trail of Tears."
Jan. 22: John DeHoff, "Current De-
velopments in Health Care for Men."

VESPERS

Sunday, Jan. 16, 4:30-5:00 PM-Lounge.
REV. ROBERT CARTWRIGHT, formerly of
Mt. Washington Methodist Church.

DR. RICHARD PRICE

"Significant Works -- 1993-1994."
Five Wednesdays beginning January 5,
11:00 AM -- Auditorium.

HEALTH CARE COMMITTEE

Friday, Jan. 21: 10:30 AM-
Auditorium. DR. HOWARD HOFFMAN,
Director of Rheumatology, GEMC.

SATURDAY EVENING PROGRAMS

7:15 PM - Auditorium

Jan. 8: "New Zealand." CHARLES W.
KOONTZ, world traveler, will give
an informative talk and slide pre-
sentation on the two islands that
span the bulk of New Zealand.
Jan. 22: "Birding to the End of the
Earth." HANK KAESTNER will show slides
and speak of his recent trip to
Patagonia and Tierra del Fuego.
Jan. 29: "A Concert of Stories."
SUSAN GORDON, popular storyteller,
will entertain us with stories --
some scary, but all humorous. Titles
include "The World's Greatest Fox-
hound" and "Elsie Piddock, a little
jump-rope girl, still jumping at
109."

EAST HALL EXHIBITION

Recent paintings in oil and pastel by
Resident artist, OSRA FARINHOLT.

OPEN FORUM

TUESDAYS, 10:30 AM - Auditorium

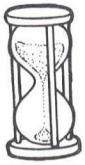
Jan. 4: JOHN CAMMACK, T. Rowe Price.
"Financial Investments for Seniors."
Jan. 18: CAMILLE WHEELER, Director,
Baltimore County Department of
Social Welfare. "Welfare Reform: is
it Necessary?"

OUR CRAFT-HOBBY SHOW

The time is approaching for the
annual Broadmead Residents Craft and
Hobby Show. This will be held in the
auditorium on Saturday, January 15,
from noon until 8:00 PM.

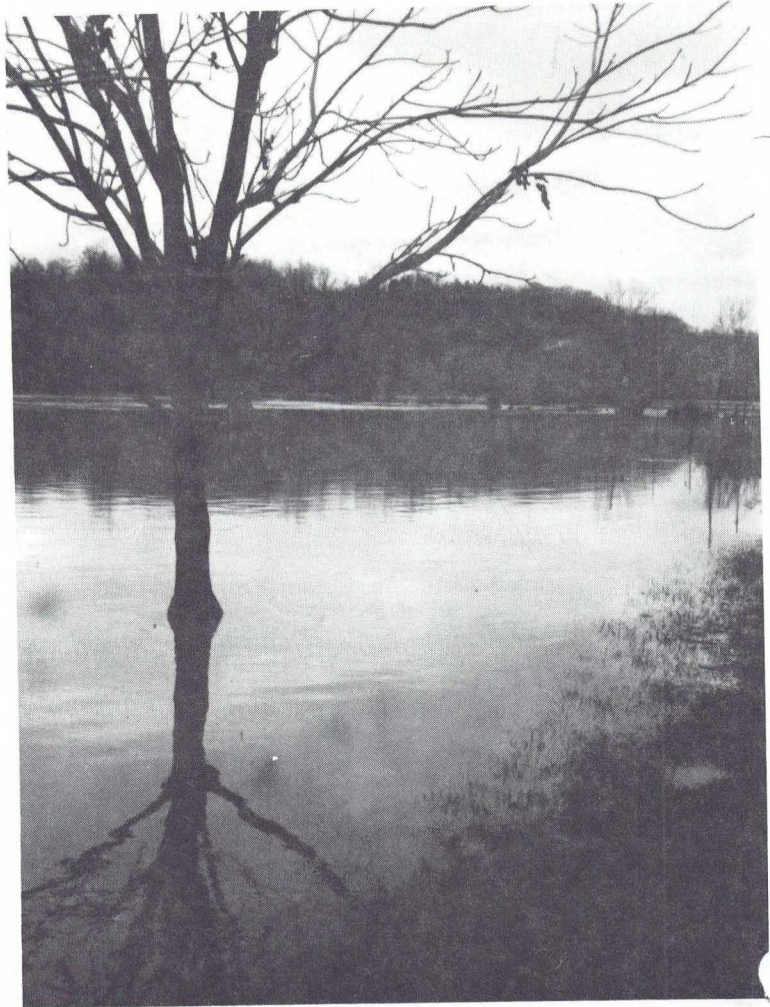
All Residents who have any handi-
craft projects they would like to
show to friends, visitors and fellow
Residents are urged to participate in
this popular event.

Please sign up on the bulletin
board in order to reserve the
necessary space.



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tember through June, by the
Broadmead Residents Associa-
tion, Jim Biddison, President.
Editor: Ruthanne W. Baldwin.
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Burton, Judy Keyser, Betty
Mercer. Contributors to this
issue: Paula Balser, Sarah
Cooper, Helen Criley, Joye
Jennings, Sally Jones.

Right: the FLOOD. More from
Maud Broyles in February.



Broadmead

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